

AUTUMN/WINTER 2021/22 MENU (2 COURSES FOR JUST £2.40)

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	FOR WEEKS COMMENCING: 01/11/21: 22/11/21: 13/12/21: 03/01/22: 24/01/22: 14/02/22: 28/02/22: 21/03/22				
MAIN MEAL	Pizza, Chips & Side Salad	Roast Beef, Yorkshire Puddings, Mashed Potatoes, Peas, Carrots & Gravy	Beef & Spinach Lasagne (new recipe) with Garlic Bread & Side Salad/Veg	Chicken, Stuffing, Mashed & Boiled Potatoes, Gravy, Veg	Fish Fillet/ Salmon Fishcakes, Chips, Peas & Sweetcorn
OR FOR PUDDING	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Cornflake Tart & Custard	Apricot Flapjack	Jammy Sponge & Custard	Toffee Apple Crumble & Custard	Tutti Fruity Ice Cream & Wafer
WEEK 2	FOR WEEKS COMMENCING: 08/11/21: 29/11/21: 10/01/22: 31/01/22: 07/03/22: 28/03/22				
MAIN MEAL	Mini Grill: Sausage or Veggie Sausage, Bacon, Chips, Baked Beans/Tinned Tomatoes with Bread & Spread	Turkey Meatballs in Gravy, Boiled & Mashed Potatoes, Broccoli, Carrots	Fish Finger Sub or Salmon Fishcake with Potato Wedges & Peas and Salad	Cottage Pie (new recipe), Mashed Potato, Broccoli, Carrots & Gravy	Pizza with Chips, Peas & Sweetcorn
OR FOR PUDDING	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Chocolate Beet Cake & Chocolate Custard	Shortbread Biscuit & Milk Drink	Jammy Flapjack & Milk Drink	Spiced Apple & Raisin Sponge & Custard	Oaty Biscuit & Fruit Slices
WEEK 3	FOR WEEKS COMMENCING: 15/11/21: 06/12/21: 17/01/22: 07/02/22: 14/03/22: 04/04/22				
MAIN MEAL	Fish Fingers/ Salmon Fishcakes, Chips & Peas, Bread & Spread	Chicken, Stuffing, Mashed & Boiled Potatoes, Carrots, Peas & Gravy	Beefy Bolognese with Pasta & Side Salad, Garlic & Herb Bread	Sauages & Yorkshire Pudding with Mashed Potatoes, Cheese, Carrots & Gravy	Southern fried Quorn Burger in a Bun, Chips & Side Salad
OR FOR PUDDING	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Pear Sponge & Custard	Rice Krispie Cake with Milk Drink	Pineapple Flapjack & Milk Drink	Fruity Jelly & Milk Drink	Chocolate Ice - Cream & Wafer
Available daily: Extra bread upon request, jacket potato as an alternative carbohydrate, plus a choice of fresh fruit or yoghurt as an alternative dessert. It may be necessary to change items without prior notice. We cater for children with special dietary / religious requirements. Please contact the Catering Department on Tel: 01495 355314 / 355315 for more information.					
Salad Bar: Available daily as an alternative to the Hot Meal of the Day. Choose from: Jacket potato, freshly baked baguette or tortilla wrap; plus ham, turkey, tuna, cheese or baked beans; plus mixed lettuce or leaves, tomatoes, cucumber, sweetcorn, pasta salad, coleslaw, pickles, mandarins or pineapple (choices may vary).					

HYDREF/GAEAF 2021/22 (DAU GWRS AM DIM OND £2.40)

DIWRNOD	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
WYTHNOS 1	WYTHNOS SYN DECHRAU: 01/11/21: 22/11/21: 13/12/21: 03/01/22: 24/01/22: 14/02/22: 28/02/22: 21/03/22				
PRIF BRYDAU	Pizza, Sgldion a Salad Ochr	Eidion Rhos, Pwlin Swydd Efrog, Tatws Potsh, Pys, Moron & Grefi	Lasagne Eidion a Sbigoglys (rysait newydd) gyda Bara Garleg & Salad Ochr/Llysiau	Cywllar, Strwffin, Tatws Polish a Barw, Grefi, Llysiau	Ffiled Pysgodyn/ Teisen Bysgod Eog, Sgldion, Pys & Corn Melys
NEU	Bar Salad	Bar Salad	Bar Salad	Bar Salad	Bar Salad
AC I BWDIN	Tartton Creision yd & Cwstard	Fflapjac Bricyll	Sbwng Jam & Cwstard	Crymbl Afal Taffi & Cwstard	Hufen Iâ Tutti Fruity a Waffer
WYTHNOS 2	WYTHNOSAU SYN DECHRAU: 08/11/21: 29/11/21: 10/01/22: 31/01/22: 07/03/22: 28/03/22				
PRIF BRYDAU	Gril Bach: Selsio neu Selsig Llysieuol, Cig Moch, Sgldion, Ffa Pob/Tomatosh, Tun a Bara a Thaenen	Peli Cig Twrci mewn Grefi, Tatws Berw & Tatws Potsh, Brocoli, Moron	Bynisen Bysedd Pysgod neu Deisen Pysgod Eog gyda Lletemau Tatws & Pys a Salad	Pasallur Bwthyn (Cysail newydd), Tatws Potsh, Brocoli, Moron & Grefi	Pizza gyda Sgldion, Pys & Corn Melys
NEU	Bar Salad	Bar Salad	Bar Salad	Bar Salad	Bar Salad
AC I BWDIN	Toisen Betys Siocled & Cwstard Siocled	Bisged Bara Byra Diod o Laeth	Fflapjac Jam a Diod o Laeth	Sbwng Afal Selsigyd Rhosin & Cwstard	Bisged Gerch a Thafelli Ffrwyth
WYTHNOS 3	WYTHNOS SYN DECHRAU: 15/11/21: 06/12/21: 17/01/22: 07/02/22: 14/03/22: 04/04/22				
PRIF BRYDAU	Bysedd Pysgod/ Teisennau Pysgod Eog, Sgldion & Pys, Bara a Thaenen	Cywllar, Strwffin, Tatws Potsh a Thafws Berw, Moron, Pys & Grefi	Bolognese Eidion gyda Pasta & Salad Ochr, Bara Garleg a Pharfysiau	Selsig a Phwlin Swydd Efrog gyda Tatws Potsh, Ffa Gwyrdd, Moron & Grefi	Byrgyr Quorn wedi'r Ffrio mewn Dull Deheuol mewn Bynson, Sgldion & Salad Ochr
NEU	Bar Salad	Bar Salad	Bar Salad	Bar Salad	Bar Salad
AC I BWDIN	Sbwng Gollyg a Chwstard	Teisen Rice Krispie gyda Diod o Laeth	Fflapjac Pinffal a Diod o Laeth	Jelli Ffrwythia Diod o Laeth	Hufen Iâ Siocled & Waffer
Ar gael bob dydd: Gellir gofyn am fwy o fara, taten trwy'i chroen fal carbhydrad arall yn ychwanegol at ddewis o ffrwyth ffres neu iogurt fel pwlin arall. Gall fod angen newid eitem heb eu hysbysebu'n flaenorol. Rydym n'n arhwyo ar gyfer plant ag anghenion deiet arbennig neu anghenion crefyddol. Cyswlltuch â'r Adran Arhwyo ar Ffôn: 01495 355314 / 355315.					
Bydd Bar Salad ar gael bob dydd fel dewis arall i'r Pryd o fwyd Poeth y Dydd. Mae'r dewis yn cynnwys: taten trwy'i chroen, baguette newydd fel bob neu amlen tortilla, ham, twrci, twina, caws, ffa pob, letys, tomato, ciwcymbr, commels, salad, pasta, coleslaw, piclau, mandariniaid a phin afal.					